

## **PRESENTERS**

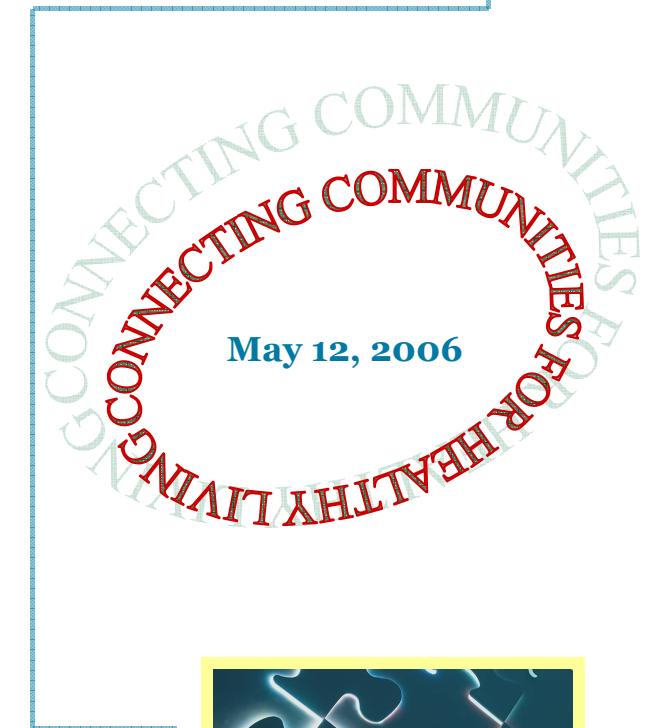
**Jason Ivory, MSPE, CSCS** is the Obesity Prevention Physical Activity Liaison for CHAMPION (Commonwealth's Healthy Approach and Mobilization Plan for Inactivity, Obesity, and Nutrition). CHAMPION is an initiative of the Virginia Department of Health's Division of WIC and Community Nutrition Services. Prior to joining VDH, he has worked with the Fort McDowell Yavapai Tribe in Arizona as their Physical Fitness Specialist and with the Kansas City Royals Baseball Organization as a Strength Coach. He holds a Master of Science in Physical Education and a Bachelor of Science in Exercise Physiology from Ohio University. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

**Jane Blosser, MS, RD** was born, raised, educated, and worked her entire career of 33 years in Virginia. She received her Bachelor's and Master's degree from Virginia Tech with a year of clinical experience in Richmond. She has worked in nutrition research at U.Va. for 8 years, long term care corporate dietetics for 17 years, and currently for the past 8 years the Chief Clinical Dietitian for Augusta Health Care Center in Fishersville, Virginia. She is an educator as well as a researcher. She has been very active in her professional organization throughout her career, the Virginia Dietetic Association, of which she is currently immediate Past-President. Throughout her career, she has focused on Obesity and Diabetes across the age continuum. She is currently serving on several committees with the Augusta Health Forum focusing on a community wide project, "WOW-Working On Wellness."

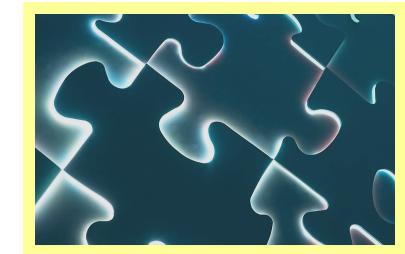


**Woodrow Wilson**  
Rehabilitation Center

POB 1500, PT Department W477  
Fishersville, VA 22939-1500



**May 12, 2006**



## PROGRAM DESCRIPTION

### “Connecting Communities for Healthy Living”

Woodrow Wilson Rehabilitation Center (WWRC) in collaboration with the Valley Associates for Independent Living (VAIL) invite you to participate in a one-day forum with the primary objective of discussing ways that community-based supports can work together to improve access to the use of physical activity and nutritional supports for persons with disabilities living within our communities.

## OBJECTIVES

Participants will be invited to create a working network and partnership of community-based supports for persons with disability pursuing healthy lifestyles. In support of this goal, this forum will elicit participant input to:

- \* Identify existing healthy living programs and supports in communities of Virginia.
- \* Identify barriers limiting persons with disability in accessing healthy living programs and supports within communities of Virginia.
- \* Identify potential solutions and resources needed to eliminate barriers.

## FORUM AGENDA

- 9:30 Registration and Coffee  
10:00 Welcome  
10:15 Meeting Objectives  
10:30 Achieve and Sustain Lifelong Physical Health  
11:00 WOW your Friends and Get Them to WOW Their Families and Start a Revolution  
11:30 Panel Discussion (working lunch)  
12:15 Health and Wellness Fair  
12:45 Physical Activity Break  
1:15 Discussion Groups  
2:30 Group Reports  
3:30 Adjourn



**Woodrow Wilson**  
Rehabilitation Center

## REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

FAX: \_\_\_\_\_

Email: \_\_\_\_\_

Organization/Agency: \_\_\_\_\_

Title: \_\_\_\_\_

Do you have any accommodation requests?

yes \_\_\_\_\_

Fees: Registrants: \$10.00;  
Vendors: \$30.00 (includes registration)

Checks payable to: WWRC Council of Organizations.

Payment in full is due with registration and is non-refundable.

*Registration deadline: April 28, 2006*

**Please detach form and send to:**

Bridgett Bartley  
Woodrow Wilson Rehabilitation Center  
PO Box 1500  
PT Department W-477  
Fishersville, VA 22939-1500